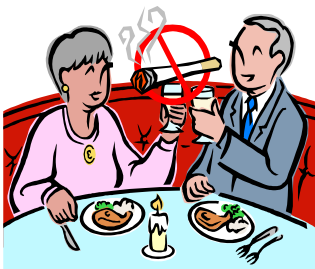


# Tobacco Tid-Bits

Tobacco Free Coalitions of Clark County and Skamania County  
Clark County Health Department • Tobacco Prevention Program

Issue 39

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## Dolce Skamania Lodge Dining is Now 100% Smoke-free

Dolce Skamania Lodge's restaurant and lounge are now completely smoke-free. They went smoke-free about four months ago, according to Kelly Cluff, Assistant General Manager. Customers were informed with a little "it's coming" signage and they've had very few complaints since. The Dolce Skamania Lodge Lounge now joins the ranks of the more than 75% of restaurants in Skamania county that are smoke-free.

## Hazel Dell Applebee's Restaurant Goes Smoke-free

Applebee's restaurant in Hazel Dell recently said goodbye to cigarette smoke. After the decision, Clark County Health Department Health Educator Theresa Cross called the manager to lend her support. Theresa spoke with Mitch Floro who said his area managers told him he could go smoke-free, as long as he knew his bonuses were still dependent on his sales staying up. He said customers had been asking him "when are you going smoke-free?" and when he saw the article in the *Columbian* about the Smoke-free Dining Guide and how many restaurants were already smoke-free, he took the plunge. To let customers know it was coming, he put up signs two weeks prior and has had "positive" responses since. Mitch said that tables not only turn over faster but customers are seated more quickly because they don't have to wait for a smoke-free table. Floro said the tables closest to the smoke used to sit empty while customers waited for a table farther away. This has made up for the "slight dip" in bar sales seen in the month since going smoke-free. He reports his sales are greater than this time last year. Don't forget to show them your support by dining at Applebee's in Hazel Dell and letting the manager know how much you enjoy the new healthier atmosphere.

## Training Shows how Grassroots Movements Work

Tobacco Free Coalition of Clark County volunteer member Louise Jenkins recently attended the American Lung Association BREATHE Advocacy Training in June. The focus was on mobilization of grass roots movements, in other words taking an idea for improvement (such as a smoke-free bill) and applying strategies and action to get the legislature to listen to the community group and take action in the group's favor. "I learned strategies of motivation, learning exactly who to approach with what portion and how to identify key stakeholders and gatekeepers," said Louise. Louise said the skills she learned will even help her with her life outside of volunteering and she highly recommends the training for others.

## Congratulations to Gail Helland

Gail Helland, Chair Elect for the Tobacco Free Coalition of Clark County and Cancer Prevention Specialist with the Southwest Washington Medical Center, has joined the hospital's *Circle of Excellence* with her recent *Bridge Builders* award. Gail was nominated for this award for her efforts in making it possible for Tidewater Barge to have a Heart Service Outreach Program in addition to the Cancer Outreach Program she developed. "We are extremely fortunate to have Gail in such a role," said a hospital spokesperson. Gail also teaches tobacco cessation classes at the hospital.

## BREATHE Youth Selected for Training in Maryland

BREATHE members BreAnna Dupius and Tami Mastrogainnis traveled to Bethesda, Maryland in June to attend American Legacy Foundation Youth Empowerment Training. The two were selected by the Washington State Department of Health based on their involvement with a number of statewide events and their work with BREATHE. "I was honored to be able to go and represent BREATHE," said BreAnna. "It was an amazing experience to be able to share with other youth across the U.S. I also was given the opportunity to speak in front of all the adults and youth regarding the importance of communication between adults and youth. "I felt Tami and BreAnna were a great example of where we need to go in Washington," said Carla Huyck, Washington State Department of Health. The pair hopes to incorporate some of what they learned into what BREATHE is already doing in our community.

## Big Tobacco Denied Special Protections in Oregon

Health advocates are applauding Oregon Governor Ted Kulongoski in his recent veto of Senate Bill 880. The bill would have given the tobacco industry special rights in Oregon - rights not available to any other person, corporation or industry. Senate Bill 880 would have exempted the Tobacco Industry from Oregon Laws governing appeals in Oregon courts by capping their appeal bonds intended to protect their victims at \$100 million. Tobacco companies have argued that these laws are necessary so that judgments won against them in court do not push the companies into bankruptcy. (Tobaccofree Digest #516)

## Nicotine Patches Don't Always Break the Smoking Habit for Good

Nearly half of all nicotine-patch users who successfully quit start smoking again later, according to a new study that illustrates the difficulty of breaking addiction to nicotine. Reuters reported July 4 that British researchers looked at smokers who used nicotine-replacement therapy and quit smoking for at least a year afterwards. Over the next 8 years, about half started smoking again. (July 5, 2003 issue of the *British Medical Journal*).



**Clark County Health Department**  
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### Tobacco Happenings in Skamania County

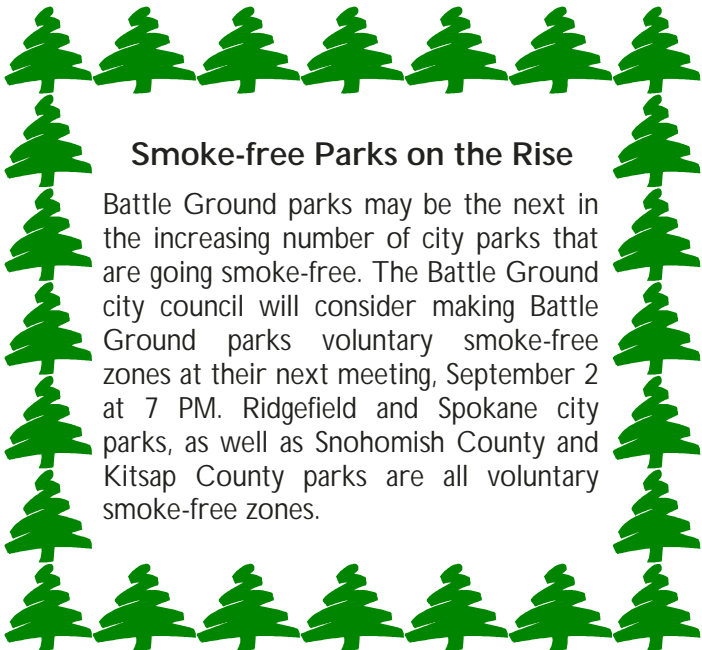
Visitors who go to the Skamania County Fair (August 14-17) will find a display about the Quit Line in the non-profits building at the Fair. In addition, the Fair Program book will feature a full page ad for the Washington Tobacco Quit Line. The ad is sponsored by the Tobacco Free Coalition of Skamania County.

In a continuing attempt to inform Skamania County residents about the Washington Tobacco Quit Line, the Washington State Tobacco Prevention and Control Program distributed coffee cups, drink coasters, and postcards this spring to 7 area businesses including: A & J Select Market, Big River Grill, Joe's El Rio, Eric's Place, Skamania General Store, Wind River Market and the Wind River Pharmacy. If your organization would like free coffee cups, contact James Lanz, 360.397.8416 or [jlanz@swwhd.wa.gov](mailto:jlanz@swwhd.wa.gov).

The Coalition is also working with CMASA (Community Mobilization Against Substance Abuse), the Skamania County Commissioners, and the Skamania County Public Utility District to have a Quit Line message insert included in all PUD customers' bills in October and November.

### Quit Line Adds Hours

On July 1, the Washington Tobacco Quit Line increased its operating hours. Monday through Thursday the Quit Line will be open from 5AM to 9PM; Friday from 5AM to 7PM; and Saturday and Sunday from 6AM to 5PM. Calls coming in after hours will be transferred to the automated message line, and callers have the option of leaving a message or listening to a number of recorded messages regarding quitting tobacco. These new operating hours come at no additional charge to the Washington State Department of Health and were implemented as a quality improvement measure. Contact: Tamatha Thomas-Haase, Tobacco Prevention and Control Program with any questions: 360.236.3722 or by e-mail: [tamatha.thomas-haase@DOH.wa.gov](mailto:tamatha.thomas-haase@DOH.wa.gov)



### Smoke-free Parks on the Rise

Battle Ground parks may be the next in the increasing number of city parks that are going smoke-free. The Battle Ground city council will consider making Battle Ground parks voluntary smoke-free zones at their next meeting, September 2 at 7 PM. Ridgefield and Spokane city parks, as well as Snohomish County and Kitsap County parks are all voluntary smoke-free zones.

## Tobacco Quit Line

# 877-270-STOP

toll-free

7 8 6 7

QUITLINE.COM

### Quit Line Logo Available for Use

All the information you need to get in touch with the Quit Line is located within its logo. The Quit Line logo is available to use in your publications. To obtain a clean electronic copy contact Theresa Cross at the Clark County Health Department: 360.397.8215 x 3178 or [tcross@swwhd.wa.gov](mailto:tcross@swwhd.wa.gov)

### CALENDAR OF EVENTS

**8/06 M\*A\*S\*H\*** meeting - Stevenson High School, 5:15 PM. Contact James Kisse: 360.397.8214

**8/14-17 Skamania County Fair** - Stevenson. Need volunteers for tobacco prevention booth. Contact: James Lanz 360.397.8416

**8/19 Cessation Task Force meeting** - Clark County Health Department, 2:30-4 PM. Contact: James Lanz 360.397.8416

**9/18 Skamania County Coalition meeting** - Skamania County Sheriff's Department, 3:30-4:45 PM. Contact: James Lanz 360.397.8416

**9/18 Schools Task Force meeting**, Clark County Health Department, 7:30-9 AM. Contact: Theresa Cross 360.397.8215x3178

*Please tell us about your upcoming tobacco related events so we can post them here.*